

# Lead Fact Sheet

MISSISSIPPI STATE DEPARTMENT OF HEALTH

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## What is lead?

Lead is a heavy metal that can be found in many sources.

## Lead is found in:

- |   |  |
|---|--|
| <input type="checkbox"/> Lead-based paint | <input type="checkbox"/> Plastic mini-blinds |
| <input type="checkbox"/> Soil and dust    | <input type="checkbox"/> Keys                |
| <input type="checkbox"/> Tap water        | <input type="checkbox"/> Batteries           |
| <input type="checkbox"/> Glazed pottery   | <input type="checkbox"/> Some canned foods   |

## Protect your child from lead:

- ☐ Have your child wash his or her hands after playing outside and before meals.
- ☐ Keep your child from eating paint chips, dust or dirt. Use a wet mop or wet cloth with an all-purpose cleaner to clean areas of dust or chipped paint on door facings, window sills and frames, interior floors, porch floors, ledges and outside steps. Surfaces that children touch often should be smooth and easily cleaned. Vinyl floor coverings are the easiest to keep clean.
- ☐ If someone in the house hold works around lead, such as in a battery plant, take special measures to avoid bringing lead dust in the home.
- ☐ Wash your child's toys often.
- ☐ Give your child a diet rich in calcium and iron. Some good sources are milk, green leafy vegetables, bread, cereal and meat.
- ☐ Have your home checked for lead before you remodel.

## Is lead harmful?

Yes, an excessive amount of lead in the body can cause learning problems.

Lead can also cause serious health problems, even death.

## Signs or symptoms of possible lead poisoning:

Often the danger of lead is hard to see. Signs of damage sometimes show later.

Some symptoms include

- |   |   |
|---|---|
| <input type="checkbox"/> irritableness      | <input type="checkbox"/> unexplained seizures |
| <input type="checkbox"/> restlessness       | <input type="checkbox"/> developmental delay  |
| <input type="checkbox"/> frequent tiredness | <input type="checkbox"/> growth failure       |
| <input type="checkbox"/> nausea             | <input type="checkbox"/> hearing loss         |
| <input type="checkbox"/> behavior disorder  | <input type="checkbox"/> learning problems    |

# Is your child at risk for lead poisoning?

- ☐ Does your child live in regularly visit an old house, one built before 1960?  
Was your child's day-care center/pre-school/baby-sitter's home built before 1960?  
Does the house have peeling or chipping paint?
- ☐ Does your child live in a house built before 1960 with recent, ongoing, or planned renovation or remodeling?
- ☐ Has your child or any playmate had lead poisoning?
- ☐ Does your child frequently come in contact with an adult who works with lead?  
Examples are construction, welding, pottery, and car and truck radiator repair.
- ☐ Does your child live near a lead smelter, battery recycling plant, or other industry likely to release lead?
- ☐ Do you give your child any home or folk remedies which might contain lead?
- ☐ Does your child live near a heavily travelled major highway?
- ☐ Does your home's plumbing have lead pipes or copper with lead solder joints?
- ☐ Are there plastic mini-blinds in your home?  
Blinds manufactured before 1997 are likely to have lead.
- ☐ Does your child play with keys?
- ☐ Are there lead fishing sinkers in your home?

If you answered "yes" to any of the questions above, please discuss the possibility of lead poisoning with your child's physician or the nurse at the local county health department.



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